

The
CRAZY WISDOM
Monthly

#137
July 2024

Local Author Seth Kopald

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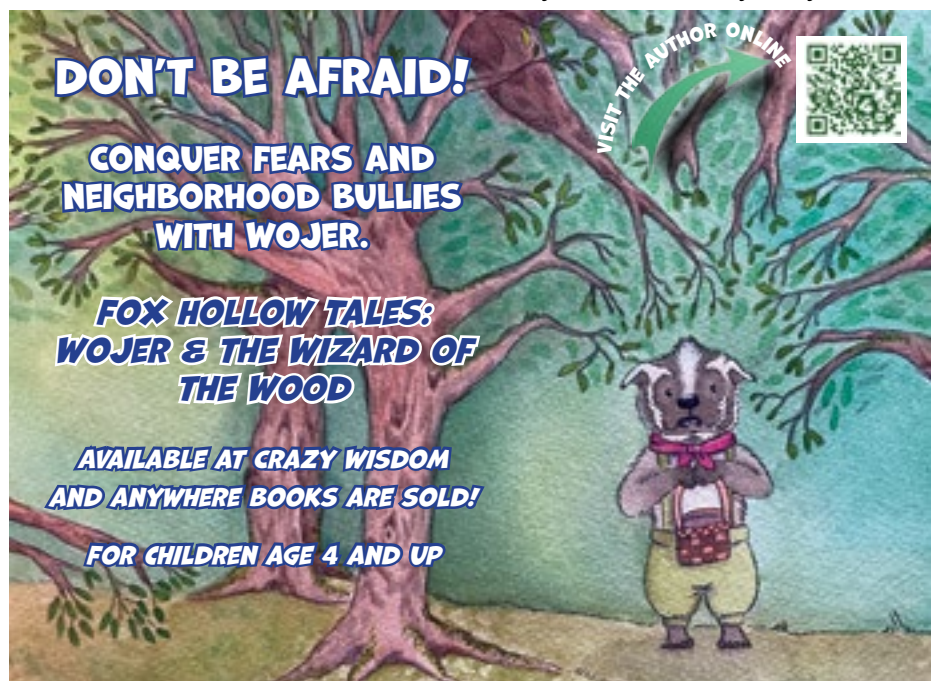
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Bill Zirinsky

Born during the pandemic, *The Crazy Wisdom Monthly* seeks to represent the voices of our community in a timely and entertaining manner. We welcome articles, interviews, recipes, wisdom, personal essays, breathing exercises, beautiful art and photos, favorite places for socially distant walks, news of your dogs, or musings on current events. Send your submission to Jennifer@crazywisdom.net.

Word of the Month:
Quiddling
**Busying oneself with trivial tasks as a way of
avoiding the important ones.**

Ellen Craine
JD, LMSW-Clinical
& Macro, ACSW, INHC

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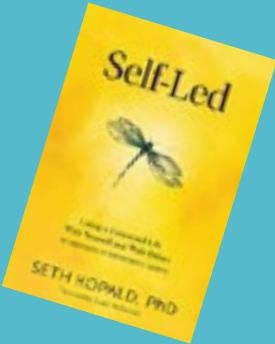
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A Last Thought



On the Cover

Seth Kopald, PhD, author of Self-Led, will be discussing his new book about Internal Family Systems at Crazy Wisdom on July 10th. See the calendar listing on page 16 for more information.

Dive
into
our
latest
issue!



Jody Tull's Journey —
Deep Dive into this
Long-Time Ann Arbor
Yogi's Life

The Crazy Wisdom Community Journal

Features

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- Jody Tull, Long-Time Ann Arbor Yogi
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- Pokeweed Hekate
- Sadist Summer Camp
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From Our Cover

Rhythm:

GOOD FOR WHAT AILS YOU

By Susan Slack

What is free and available to everyone with no unwanted side effects? What may be good for helping with a long list of social and health issues? Have a look into rhythm.

Can you recall a moment with a group of people having the time of your life? What memory pops up first? Is it a sports event when you were all cheering, or dancing at a wedding, or maybe in a club when your favorite tune played? Did your experience include some kind of rhythm, or let's name it "pulse," that was pulling you all together? Most likely you weren't even aware something else might be happening. You just thought you were having fun. If you think you don't have rhythm, spoiler alert, you do!



Have you ever tried to dance to Mozart? His melodies, and so many other composers, are intriguing and delightful, but have no booty! When melodic European music cross-pollinated with West African rhythms, American music was born.

"The rising and the setting of the sun, the waxing and the waning of the moon, the regular change of the tides in the sea, and the seasons as they come and go, all show rhythm. It is rhythm that makes the birds fly, it is rhythm that makes the creatures of the earth walk," said Inayat Khan, Sufi musician and teacher in *The Mysticism of Sound* (1909). The closer we live to nature, the more we are in tune with this moving wholeness. If you've ever had the good fortune to be a part of an indigenous gathering and enjoy/receive their music, you can feel their relationship to the stars and rivers in the rhythm of their songs.

If you can't relate to this, look at the music most of us hear these days, whether it's your favorite pop, rock, country, jazz, or hip-hop tune, you are benefiting from indigenous people, mostly from West Africa. Have you ever tried to dance to Mozart? His melodies, and so many other composers, are intriguing and delightful, but have no booty! When melodic European music cross-pollinated with West African rhythms, American music was born. These days what primarily remains in our pop music is that pulse, still present, but mostly made by robots.



What follows is several features of professionals in our area who are eaching classes, holding workshops, and hosting other engaging opportunities related to rhythm.

Biza Sompa was born in Brazzaville, the Republic of Congo, and has traveled extensively teaching Congolese dance and rhythms. He currently offers courses through the University of Michigan Dance Department. "Students find freedom in this class. When you are dancing to these rhythms, you are not thinking about your problems. Just five or 10 minutes and you are happy."

Somp

a is also Director of the Bichini Bio Congo Dance Theater Company of Ann Arbor which is slowly regrouping after Covid. "It's an all-ages group with live drumming, performing traditional Congolese dances." There aren't classes for drumming in the Congo. There is no need. Growing up where drumming and dancing happen on street corners and in backyards, the rhythms are deeply ingrained and are played by young and old alike. Sompa elaborated:

"You can hear the drum rhythms in our language. We have rhythms for just having fun and for every gathering, like weddings and funerals. For instance, after a year of mourning, people gather again to pay respect and mark the end of grieving. The special rhythm tells you it is time to say goodbye. It is very healing.

Here in the United States, we go to adult living centers and hospitals. People start dancing even while they are sitting in their chairs. They're moving their arms, nodding their heads, they are all clapping together. They are very happy. Doing rhythmical activities together like this is very healing. Especially when you have a good drummer who gives from his heart. He loves the music, and that love will transmit to the audience.

For U of M enrolled students interested in participating, contact Biza Somp

a, UM Dance Admissions at (734) 763-5460. For those interested who are not students, contact Sompa for private learning by calling or texting (734) 604-5483 or email jbbiza@gmail.com.

To learn more about the Bichini Bio Congo Dance Theater Company of Ann Arbor, their classes, and presentations, contact Serita at (734) 829-7930 or visit them on at facebook.com/A2Congo/.

There aren't classes for drumming in the Congo. There is no need. Growing up where drumming and dancing happen on street corners and in backyards, the rhythms are deeply ingrained and are played by young and old alike.



Each of North America's 600 indigenous communities has their own language, rituals, and songs. If we dare to lump American Indian music into one statement, it would be that traditional music employs drumming, often with only one drum, playing the heartbeat rhythm for social and ceremonial events. This rhythm brings the people together into *one mind*. How did they know this? Something really big is going on here! We'll get into the clinical research in just a bit.



Ed Sarath is a Professor in the Department of Music and Jazz, and founder and co-director of Creativity in Consciousness Studies at the University of Michigan. He said, “Rhythm is inextricably bound to movement, which then connects with emotional engagement, and in turn mind-body integration. This directly enhances physical well-being and soul connection. So, it can be thought of as a kind of continuum that results in an organic fusion of the different dimensions. We are all in sync in that way, and we might not even know it. Now that’s rhythm! Anything that integrates mind, body, emotion, and spirituality is going to be beneficial.” Sarath had the following to add:

In many cultures, music is inseparable from dance, ritual, and spiritual transformation and all of life. In some cultures, particularly in Africa, there is no word for music as a separate, sound-based activity. So, because rhythm in one form or another is intrinsic to most if not all musical cultures, the link with ceremony and celebration is natural. Unfortunately, many have missed the great importance of African American rhythmic traditions in our culture and across the globe.

Whenever you have people making music together, especially if it’s rhythmic, you have the mind-body-emotional-spiritual connection within the individual, but then also you have the connection between individuals, and that is the most powerful way humans can communicate. It’s a collective meditation, collective rhythm. Rhythm is a matrix of benefits.



If we dare to lump American Indian music into one statement, it would be that traditional music employs drumming, often with only one drum, playing the heartbeat rhythm for social and ceremonial events.

Everyone is inherently musical. Whether they play an instrument or not. Everyone has the capacity to make music in different ways. We have the pulse which we equate with heartbeat. There’s the rhythm of the seasons and cosmic cycles. Central to my work is how improvisation and rhythm (as well as music without groove) achieve collective transcendence (and thus bonding) in action. My advice is to find opportunities of making music together where you enter into a field of consciousness, [and] to make that part of your regular experience.

Professor Ed Sarath has an upcoming course, “Creativity Consciousness in the Future.” You can contact Sarath at (734) 272-1063 or email him at sarahara@umich.edu.



Lori Fithian has been leading rhythmic events since 1998. From family sing-alongs to cymbals in her high school marching band, she moved on to African and world percussion. In Ann Arbor, as in many cities, there is usually a stream of teachers and a grapevine for workshop information. Fithian caught a lot of know-how from this stream and shares her skills with anyone desiring to dive into that world of *one mind*.

“Drumcommunity” is Fithian’s very accessible program for all ages. At any given gig, she shows up with a minivan full of instruments and then a wonderful thing happens—a feeling of happiness overcomes. Participants become an ensemble, playing together like they are longtime close friends. Why is that?

“It’s a mystery,” Fithian answered. “Is it a steady heartbeat? You can walk better if you have a steady beat. It makes people feel good, like in a marching band. It’s energizing. Percussion helps people get in the groove together. As far as I know all cultures have had rhythm. We have Layne Redmond’s book, *When the Drummers Were Women, A Spiritual History of Rhythm* (1997) with photos, but we don’t know what they sounded like. Yet, I have seen people come to tears the first time they come to a drum circle. Why? Because it feels good. They always wanted to be part of a group.”

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A photograph of Chris McCall, a woman with blonde hair, wearing a floral shirt, sitting and playing a drum.

Chris McCall
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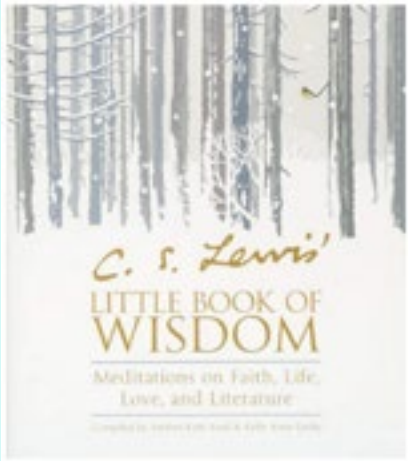
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CW Book Picks

of the month



Novelist, poet, critic, lay theologian, and best-selling author of the ‘Narnia’ series, C. S. Lewis’ works have become timeless classics for adults and children around the world.

Here in one concise volume is the essence of his thought on subjects ranging from love and faith to ethics and morality and myth and literature that will throw open the windows of the soul and provide readers with bite-sized nuggets of wisdom and inspiration from one of the best-loved writers of the 20th century.

This lovely little gift book will provide sustenance, wisdom, and hope for both believers and seekers. And, most importantly, it will provide an entry point for those unfamiliar with Lewis that will make them want to explore his fiction and nonfiction works.

[Purchase your copy of C.S. Lewis’ Little Book of Wisdom at shopcrazywisdom.com](https://shopcrazywisdom.com)

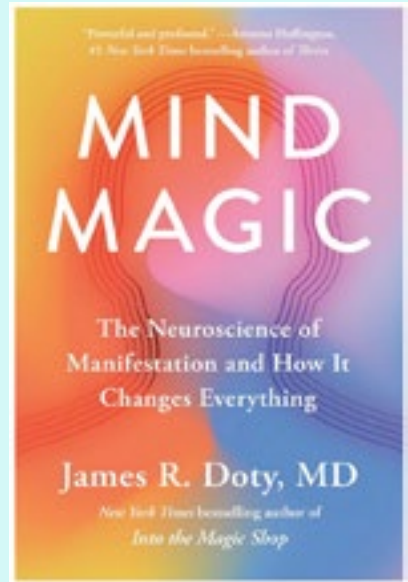


The astonishing culmination of the artist-author’s decade-plus project to capture beauty, commemorate place, and see the world more fully.

Every day (every single day) for over a decade, Mary Jo Hoffman has made a photograph of found nature – no subject too small or too ordinary. For Hoffman, a former aeronautical engineer, this daily ritual cracked open profound revelations about the connectedness of all things, the importance of place, and her own life.

This book shares a selection of the breathtaking photographs from Hoffman’s enormous archive, accompanied by perceptive, deeply felt, and oftentimes humorous essays illuminating the insights gained through this daily creative practice. STILL features 275 of the most stunning photographs the author-artist has accumulated over thousands of consecutive days of daily shooting – a true feast for the senses.

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A deep exploration of the neuroscience behind manifestation, with a six-part plan for realizing your dreams.

For decades the practice of manifestation has been widely dismissed as self-involved, materialistic pseudoscience. But as neuroscientist and recognized compassion leader Dr. James Doty reveals, manifestation introduces us to different possibilities, and it lays the groundwork for a kinder, better world.

Doty grounds us in the practices that change our brain structures: attention, meditation, visualization, and compassion. This mind magic allows us to move through the world in ways that help us see clearly—reclaiming our agency, realizing our dreams, and reaching out to help others along the path.

Where previous works about manifestation have focused narrowly on outward success and individual benefit, Mind Magic delivers an openhearted call to make manifestation part of a deeper contribution to healing the problems we face today.

[Purchase your copy of Mind Magic at shopcrazywisdom.com](https://shopcrazywisdom.com)

Community Spotlight



By Lynda Gronlund

Newview Therapy LLC is a child, adolescent, and adult psychotherapy practice on Liberty Street in Ann Arbor that opened in the summer of 2021.

Melissa Danan Rilko, LMSW, Stacy Colias, LMSW, and Lauren Cunnane, LLMSW were friends, clinical social workers, and moms with children about the same age. Realizing the extent of the pandemic-related mental health crisis, they opened Newview wanting it to be more than a psychotherapy practice. Lead therapist Rilko envisioned it being a “first step in crisis,” providing resources and direction for people who might need “an area physician, dietician, or various other specialists.” She explained that people in crisis often don’t know where to go for help, and with many therapists fully booked and too busy to even call prospective clients back, it can be frustrating to try to find the needed services especially when trying to find a provider who accepts a particular insurance plan. Rilko gives her cell phone number to people in need and prides herself on helping people find and access services even if they don’t ultimately become a client at Newview. “I’m a social worker first,” she said. “We’re supposed to be resourceful.”



Specializing in treatment for eating disorders, anxiety, depression, OCD, and reintegration into social situations, Newview Therapy has become one of the go-to centers that University of Michigan Counseling and Psychological Services (CAPS), area Emergency Departments, school districts, and the community look to when mental health interventions are needed. Between Rilko, Colias, and Cunnane, they work seven days a week and several evenings, in order to be as accessible as possible and to allow children and teens the ability to deal with mental health challenges and not miss more school. They offer a sliding fee scale and strive to serve people regardless of finances.

Newview takes a holistic approach to treating mental health issues. Rilko, who specializes in eating disorders, noted that she has seen a huge rise in new eating disorder diagnosis and exacerbation of existing eating issues since the beginning of the Covid 19 pandemic, perhaps due to feelings of isolation and loss of control, and more exposure to social media than ever before. She works to stay current on the cutting edge of new treatments and interventions to help her clients. She works with a consultant from Chicago who is familiar with all of the nationwide inpatient and other intensive programs for eating disorders to refer to for clients who need more than outpatient psychotherapy. “There is so much more for eating disorders than there used to be,” she said.

Newview offers telehealth sessions for those who need it, but Rilko said that in-person sessions “seem most effective.” To that end, their building, behind the Cherry Republic in downtown Ann Arbor, is in a walkable, and surprisingly, parkable space near a bus stop. Rilko emphasized, to anyone considering seeking therapy, “Don’t not call because you think you won’t get services. We can figure something out with all the resources in the area. We can help walk you through a very complicated system.” She encourages people who may not think their problems are “severe enough” to receive therapy to get help. “It doesn’t have to be long term. It doesn’t have to be a big problem,” she said.

Newview Therapy LLC is located on the second floor of the Fritz building, at 103 East Liberty Street, Ann Arbor, MI 48104. Their website is newviewannarbor.com, and they can be reached by email at info@newviewannarbor.com or by phone at (810) 516.8355.

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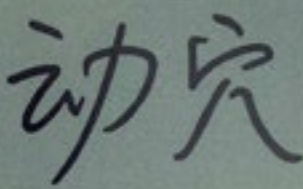
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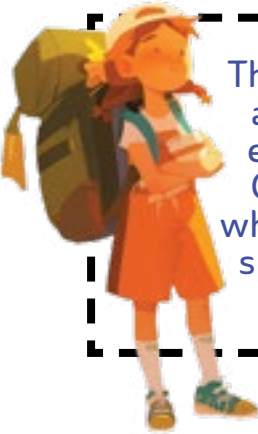


By Amy Lagler

It's that time of year again: all the papers are full of ads for summer camps you can send your kids to. There's Spanish Immersion Camp, Rock and Robot Camp, Filmmaker's Camp, even something called Brain Monkeys Camp. We didn't have camps like that when I was a kid. Ours weren't nearly as specific or smart. We just had plain old *summer camp*.

Oh sure, our camps had names and, because we live in Michigan, they were apparently all legally required to have Native American names. Like Camp Pa-Wa-Pi or Camp Algonquin, which was technically the name of the summer camp I went to. The name is somewhat inaccurate though, so from here on out it will be referred to as Sadist Summer Camp.

The camp was run by a well-known organization, but in the interest of protecting their reputation I will only reveal their initials: Y.M.C.A. It was in the little town of Hastings, far from our home but close to our cottage on Leach Lake. Yes, you read that correctly. No one ever wanted to come visit thinking I was inviting them to a "leech" lake. At the time, I didn't get why we went to camp by the cottage, but now I understand that it meant my mom could spend a week at the lake without us kids. That was surely heaven even if it meant sending us to hell.



There's Spanish Immersion Camp, Rock and Robot Camp, Filmmaker's Camp, even something called Brain Monkeys Camp. We didn't have camps like that when I was a kid. Ours weren't nearly as specific or smart. We just had plain old *summer camp*.

I am sure she didn't mean to send us to Sadist Summer Camp. It looked good on paper. Nothing but swimming, archery, canoeing, lanyard making, healthy meals, fun campfires, and a safe environment where weirdos wouldn't mess with us while we were sleeping. The brochure said nothing about "Charlie" or the buried bodies, not to mention the Mad Plunger, or the dead fish ceremony. In the end, however, these things tended to overshadow the pictures in the glossy brochure.

The camp was run by a well-known organization, but in the interest of protecting their reputation I will only reveal their initials: Y.M.C.A.



Take the healthy meals, for instance. They were completely destroyed by "Charlie"—a small super frightening piece of wood that the camp counselors would secretly place behind a camper's chair during dinner. Whatever unlucky kid found Charlie behind his back had to get up and do an impromptu performance in front of the whole camp. You could showcase any talent you had. It could be anything, but it had to be *something*. This was a huge problem for me as I had already discovered that I didn't have any talent. I wouldn't learn to burp loudly until middle school, and to this day, that is really all I've got to give in terms of public performances.

And so, I spent every dinner in utter fear, barely gulping down chunks of food while twisted around like a corkscrew in my chair all to make sure Charlie would not suddenly appear behind me. I don't think it is a coincidence that it was the following year that they started pulling me out of the "check for scoliosis" line for further examination. It's hard to eat a healthy meal when you're terrified and twisted.

Even canoeing at Sadist Summer Camp was an exercise in horror as we always paddled to a small island where we would spend the afternoon traipsing through the woods searching for the dead bodies that the counselors told us were buried there. If anyone stepped on anything squishy you were all expected to run over and jump up and down on the "body." I've never seen such gleeful jumping in all my life. And I would be lying if I said I didn't do my fair share of corpse stomping. It was my first exposure to what happens when you let a bunch of kids loose on an island. When I read *Lord of the Flies* years later, it took me awhile to figure out it was an allegory. I thought it was just something that happened.

Going to bed at Sadist Camp produced another set of terrors—actually, one huge terror, in the form of the Mad Plunger who purportedly patrolled the bathroom at night ready to plunge any child who dared have to pee after dark. We all knew he was real because every night, after we had crawled into our bunks, he would come around and repeatedly plunge his plunger on the outside walls of the cabin. Needless to say, this action produced screaming all around and forged our resolve that we would never, ever, leave the safe confines of our cabin at night.

[Read the rest of the story online...](#)

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Crazy Wisdom Poetry Series

Hosted by Edward Morin, David Jibson, and Lissa Perrin

Second Wednesdays, 7-9 p.m.: Poetry Workshop. All writers welcome to share and discuss their poetry and short fiction. Sign-up for new participants begins 6:45 p.m.

Fourth Wednesdays, 7-9 p.m.: Featured Reader(s) for 50 minutes. Open Mic reading for 1 hour. All writers welcome to share their own or other favorite poetry. Sign-up begins at 6:45 p.m.

All sessions are virtual and accessible through Zoom.
Email cwpoetrycircle@gmail.com for Zoom link.

Featured readers

July 24 – Robert Fanning is the author of five poetry collections: *Severance*, *Our Sudden Museum*, *American Prophet*, *The Seed Thieves*, and *Cage* (forthcoming this year). His poems have appeared in *Poetry*, *Ploughshares*, and many other journals. He facilitates The Wellspring Literary Series and teaches creative writing at Central Michigan U. www.robertfanning.wordpress.com



As in other years, we have a writers workshop in August, but no reading on the 4th Wednesday of that month.

Crazy Wisdom Poetry Circle
The Poetry Series is open to all. There is never a charge.
<https://cwcircle.poetry.blog/>



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The Crazy Wisdom Calendar

a free guide to local classes, workshops, and events

May through August 2024

Calendar edited by Kaili Brooks

Aromatherapy and Essential Oils

Reiki, Essential Oils, and AromaTouch Experience with Paula A. Burke • Thursday, July 11, 18, & 25, & August 1, 8, 15, 22, & 29. • 1:30 to 4:00 p.m. • Our wellness sessions are designed to give you an intimate and personalized experience. The session starts with a wellness scan, followed by crafting a custom essential oil blend and finishes with a mini-Reiki session and an AromaTouch Hand technique. These 30-minute sessions are \$33. For more information contact Paula at (517) 936-9064 or email diffusingpeace@yahoo.com.

Art and Craft

We Roar: 40 Artists, 20 UK Prisons & 20 US Prisons with Faye Claridge, Prison Creative Arts Project (US), & Novus (UK) • Thursday, July 18 to Saturday, July 20 • 10:00 a.m. to 9:00 p.m. • We Roar is an international collaborative exhibition set to tour prisons in 2024. Forty people in 20 UK and US prisons have been sent a poem and two paintings as inspiration and are being supported by a team of mentors to produce creative responses for the collaborative exhibition. FREE. For more information contact the Prison Creative Arts Program at (734) 647-6771, email pcapinfo@umich.edu, or visit fayeclaridge.co.uk/weroar.



NEW WORKS on Display

By Artist:
Chris Nordin
&
Guest Artist:
Rita Malone

Show Dates:
July 5th - Sept 7th

Opening Reception:
Fri July 12th 5-9pm

Gallery Hours:
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Four galleries in Kerrytown, Ann Arbor, will welcome the public for special activities on the third Wednesday of the month from June 19 through October 16, 2024.

Ann Arbor Gallery Nights in Kerrytown complement the Ann Arbor Farmers Market Food Truck Rallies, also in Kerrytown, which take place on the same nights from July to October. All activities are open to the public from 5:00 p.m. to 8:00 p.m.

Chris Nordin Studios Gallery, Gutman Gallery, Kerrytown Concert House, and WSG Gallery are within walking distance of each other and the Food Truck Rallies. On Gallery Nights, each gallery will host a rotating roster of artist talks, demonstrations, artist pop-ups and special appearances, welcoming the public to celebrate Ann Arbor's vibrant art scene. The galleries feature artists from Ann Arbor and surrounding areas, including Detroit.

WHEN: Third Wednesday nights from 5:00 pm – 8:00 pm
June 19, July 17, August 21, September 18, October 16

WHERE: Chris Nordin Studio Gallery, 117 E. Ann Street
Gutman Gallery, 118 N. 4th Avenue
Kerrytown Concert House, 415 N. 4th Avenue

WSG Gallery, 111 E. Ann Street

Book Discussion Groups

Jewel Heart Readers with Jewel Heart Instructors • Monday, June 24, July 8 • 7 to 8:30 a.m. • Enjoy lively discussions on monthly Buddhist-related book selections with our community. All are welcome. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Self Led: Living a Connected Life With Yourself and With Others, An Application of Internal Family Systems Author Book Talk with Seth Kopald, PhD at Crazy Wisdom • Wednesday, July 10 • 6:00 - 8:00 p.m. • Seth will provide a brief introduction to Internal Family Systems (IFS), discuss the Self and Self-Energy and the power it holds to help heal our parts. He will share how to be a leader in our systems in the most important areas of our lives: intimate relationships, at work, parenting, and spirituality. Discussion is free. Call 665-2757 or email eventsandbookings@crazywisdom.net

Book Discussion at Crazy Wisdom with moderator Rachel Pastiva • Friday, July 19, August 23 • 7 to 9:00 p.m. July's book is *We are Electric: Inside the 200-Year Hunt for Our Body's Bioelectric Code*, and *What the Future Holds* by Sally Adee. The monthly book discussion connects participants through the selection, reading, and discussion of books from Crazy Wisdom Bookstore's diverse inventory. All book discussion titles will be available at Crazy Wisdom at 20% off. Discussion is free. Call 665-2757 or email eventsandbookings@crazywisdom.net

Breathwork

Guided Group Breathwork with Jackie Miller • Sunday, July 7 & 21, & August 4 & 18 • 6 to 7:30 p.m. • First and third Sundays. A group session of gentle, connected breathing and breath holds with music, guided by Jackie Miller, certified breathwork facilitator. Experience the power of activated breath energy and learn a variety of supportive breathing techniques. FREE, donations welcome. Registration required. For more information visit thisbreath.com.

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Spiritual Place Healing



Rowena Conahan **Naturespeak.life**



By Julie Woodward

Are you looking for easy ways to unwind and relax even the middle of your busy days? Do you find yourself feeling worried about yet another disheartening news cycle or overwhelmed with work or personal stress, and yet uncertain about how you will find the peace and calm you long for?

One of the easiest ways I know to restore myself to feeling centered is to go outside. Yes, that's all. Just step outside! If I get myself outdoors, within 5-30 minutes I feel my tension shift into calm. Maybe this is true for you, too? Especially during the pandemic, when gyms closed and fears ran high, so many people came to rely on the power of a walk outdoors to restore a sense of balance. More than ever, I value and prioritize the sense of connection with a larger life that I experience, and that we all may experience, when immersed in nature.

More than ever, I value and prioritize the sense of connection with a larger life that I experience, and that we all may experience, when immersed in nature.

Approaching a walk outdoors as a formal meditation practice can provide us with a path to deeper relaxation and peace. A specific meditation practice I enjoy is based on the Japanese art of shinrin-yoku, forest bathing or “taking in the forest atmosphere.” This meditation process involves taking attention to each of our senses in turn: noticing body sensation, what is perceived through the senses of vision, hearing, smell, taste, and touch. I co-lead monthly mindfulness hikes inspired by the forest bathing practice in local and county parks and preserves with a park naturalist; I have observed the transformative power of even a brief mindful walk. I invite you to try this simple six-step practice, described below, when you have 20 minutes to an hour available.

Prepare for your hike. Begin by going outdoors. If you can and you want to, go to a quiet, safe, natural location such as one of our local or county parks or preserves, with natural features—trees, a forest, plants, wildlife, a river, and some degree of quiet from city noise and traffic. Or take a walk on the sidewalk in your neighborhood, or near your work location. This practice may even be done while sitting comfortably outdoors. The idea is to set yourself up so that you may feel free to let your focus be absorbed in your senses, uninterrupted by the need to attend to traffic, crosswalks or your safety, or by a requirement to speak with other people. This is, as much as possible, a silent meditation, with no talking, and your attention focused inward on your experience and outward on what you perceive in nature.

The idea is to set yourself up so that you may feel free to let your focus be absorbed in your senses, uninterrupted by the need to attend to traffic, crosswalks or your safety, or by a requirement to speak with other people.

Feel your body sensation. Standing still, feel yourself standing; feel your feet on the ground. Look around you to orient to and take in your surroundings. Invite yourself to shift out of your busy automatic pilot mode (of doing, thinking, fixing) and to shift into being mode. You might envision your hands sweeping off the burdens you carry on your shoulders and setting them off to the side. When you feel ready, begin walking. Just walk and feel yourself walking. Feel the sensation in your feet, your legs, your hips. When you notice that you have started thinking, you are no longer feeling yourself walk, so, just come back, and feel yourself walk. That's all. Allow your attention to be absorbed in the sensation in your body as you move. Invite a sense of curiosity to your experience. What do you feel beneath your feet? Do you notice the air on your skin? A rhythm to your movement? When you feel ready and have explored sensation, come to a standstill. Notice the quality of your inner experience, your sense of connection to your surroundings. What did you notice as you walked and felt yourself walking? Were you able to focus on body sensation? Did thoughts come up? If so, that is natural. The meditation practice is to notice when thoughts come up, and gently guide attention back to the meditation focus, such as body sensation, vision, hearing, smell, taste, or touch. How is this kind of walking different than walking for transportation in daily life? How might this awareness inform your daily life?

Sense of vision. Next, bring your awareness to your sense of vision. As you continue walking, allow your eyes to receive information from your surroundings; observe colors, qualities of light, patterns, movement. Invite yourself to observe without expectation, with a beginner's eye and mind. See and know that you are seeing. When you are ready, pause to reflect. What did you notice with your sense of vision? How is this way of seeing different than your usual way of seeing? How might you bring this way of knowing back into your daily life?

Sense of hearing. Bring the focus of your attention to your sense of hearing. Allow yourself to open to receive the sounds that are present. Notice sounds arising, persisting, fading away. Notice sound pitch, pattern, location in background, or foreground. Observe whether you interpret the sounds to be pleasant, unpleasant, or neutral. Just walk and notice sound. When you are ready, pause and reflect on the experience of hearing. What did you notice with your sense of hearing? How is this way of hearing different than your usual way of hearing? How might this awareness inform you in your daily life?

Sense of smell and taste. Bring the focus of your attention to what you notice through your sense of smell. What scents do you detect? What does the scent evoke in you? Feel the natural rhythm of your breath. Feel yourself breathing in and breathing out. As you inhale, do you notice scent? Do you sense taste? When you are ready, pause and reflect. What did you notice with your sense of smell? How might this awareness inform you in your daily life?

Taking a mindful walk outdoors is more an un-doing than a doing. It can be a release from the demands and multitasking of daily life, providing you with rest—a moment to feel alive.

Sense of touch. Bring your attention to your sense of touch in your fingers and hands. Rub your palms together to stimulate the sensory receptors in your palms. Do you sense temperature, texture? Looking around you, do you notice something in nature you feel drawn to touch? A tree, a rock, the grass, or dirt? What do you notice through your sense of touch? Explore the sensory information available to you through your sense of touch. When you are ready, pause and reflect. What did you notice with your sense of touch? If you touched a tree or the ground, did you feel a sense of aliveness? How is this exploratory, observational sense of touch different than your daily, sometimes more goal-oriented kind of touch? How might this awareness inform you in your daily life?

Reflection and Inquiry: As you come to the end of your meditation hike, letting go of focus on any one sense and notice the overall awareness of your inner experience. What is the quality of your awareness after this practice? What is your sense of connection with yourself? Your sense of connection with life around you after this practice? Remembering back to your state before the hike, what was your state of being then? What is the self-identity expressed in that state? Now, after the meditation, what is your sense of identity once you have relaxed? Know that with each hike you take, or practice you do, you cultivate, choose, and build the neural pathways that create the traits to embody this more relaxed, peaceful identity.

Taking a mindful walk outdoors is more an un-doing than a doing. It can be a release from the demands and multitasking of daily life, providing you with rest—a moment to feel alive. For this practice and for this moment, you have all you need, just being as you are.

Julie Woodward works as a wellness coach, yoga teacher, and mindfulness teacher specializing in embodied approaches to health and wellbeing. A co-founder of Mindful City Ann Arbor and Ann Arbor Center for Mindfulness, Woodward leads meditation sits, yoga classes, and co-leads monthly mindfulness hikes through Washtenaw County Parks and Recreation. For more information on the hikes and to register visit parksonline@washtenaw.org. Visit Woodward online at julie-woodward.com.

Buddhism

Meditation and Discussion with Lama Nancy Burks, Drolma Buchanan, and Yeshe Soergel • Wednesdays • 7 to 8:00 p.m. • All are invited for a group meditation practice and Dharma discussion. Topics vary weekly but include Buddhist philosophy, history of Buddhism in Tibet, and meditation techniques. Questions welcome! FREE. For more information email contact@annarborktc.org or visit annarborktc.org.

Nagarjuna’s Precious Garland of Advice to a King with Demo Rinpoche • Thursdays through July 11 • 7 to 8:00 p.m. • In his Precious Garland, Nagarjuna offers sound advice on how to gain happiness in this life, individually, and as a society. He then expands the scope to include happiness in future lives and attaining enlightenment through practical ethics, great compassion, and the wisdom of kindness and emptiness. \$70 Jewel Heart members / \$95 Jewel Heart non-members. Pay what you can - No one turned away. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Jewel Heart Sunday Talks: Ancient Wisdom, Modern Times with Demo Rinpoche • Weekly on Sundays through August 25 • 11:00 a.m. to 1:15 p.m. • Join Demo Rinpoche for weekly Sunday morning public talks on a variety of topics that are suitable for newcomers and long-timers alike, followed by a facilitated group discussion based on the morning talk. On the first Sunday of the month, Rinpoche presents the Jataka Tales, stories from the Buddha’s previous lives. No discussion on May 26 and July 28. FREE. Donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Practical Buddhism with Gelek Rinpoche • Tuesdays from through August 24 • 7 to 8:30 p.m. • “Practical Buddhism” offers video recordings of earlier teachings by Gelek Rinpoche as an opportunity for some to revisit and as an introduction for others. A panel discussion with Jewel Heart Instructors follows each session. Discussions are not recorded. Sessions will review Gelek Rinpoche’s 2012 Sunday talks and into early 2013. No event on July 23. Online only. FREE. Donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Attaining Lasting Satisfaction with Jewel Heart Instructors • Weekly on Mondays through September 16 • 7 to 8:30 p.m. • This course, based on public talks by Gelek Rinpoche, presents the qualities of a genuine spiritual path, and how they can bring us closer to our pure nature and help us attain lasting satisfaction in this lifetime. FREE. Donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Realizing the Profound View with the Venerable Thubten Chodron • Saturday, August 17 • 1 to 2:30 p.m. & 3:30 to 5:00 p.m. • Venerable Thubten Chodron explores important questions about who and what we are, how we exist, how to avoid falling into mindsets of absolutism and nihilism, and the topic of interdependence. Cost to be determined. Pay what you can - no one turned away. Online only, stream later at your convenience. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Ceremonies, Celebrations, and Rituals

Sunday Celebration with Interfaith Center for Spiritual Growth • Sundays through Aug 25 • 10:45 a.m. to Noon • Sunday spiritual celebration. In-person and on Zoom. FREE, but donations gratefully accepted. For more information visit interfaithspirit.org.

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Gratitude for All That Is: A Community Gratitude Ritual with Kirsten Mowrey • Saturday, August 3 • 10:00 a.m. to 4:00 p.m. • Our grief and gratitude are intimately connected. We come together in this community ritual to give thanks for all we have received this year, to honor our losses and create a tangible gift to give back to our nurturing Earth. Based upon Francis Weller’s village work, this ritual is designed for all ages, from children to elders. \$110. For more information contact Kirsten at greatlakesrituals@gmail.com.

Children and Young Adults

JUMP-IN 2024 Intensive Therapy Camp with Jacquelin Kilburn • Monday, July 22 through Friday, August 2 • Weekdays 9:00 a.m. to Noon • Therapy camp benefits children with sensory processing difficulties, learning problems, apraxia, in-coordination, low muscle tone, auditory processing dysfunction, and other neurological delays or disorders. We use the three hour “Frequency, Intensity, Duration Model” which has been proven highly effective at making large gains in in motor skills, language, social skills, and sensory processing a small amount of time. We can accommodate eight campers. Our program stands above programs, as we have an intense focus on improving foundation skills as opposed to a more cognitive or play model. Campers must be four years old to begin and may be covered with health insurance. For more information call JUMP-IN at (810) 231-9042 or email info@jumpinot.com.

A Course in Miracles

A Course in Miracles Study Group with Courtney Fitzpatrick • Ongoing Mondays • 11:30 a.m. to 12:15 p.m. • A Course in Miracles is a universal, metaphysical, self-study program of spiritual psychology. We meet weekly to share, learn about and discuss ACIM. Anyone from any spiritual or religious background is welcome. \$15/meeting or \$30/month. For more information contact Courtney at (734) 808-4007, email courtney@veraposeyoga.com, or visit veraposeyoga.com.

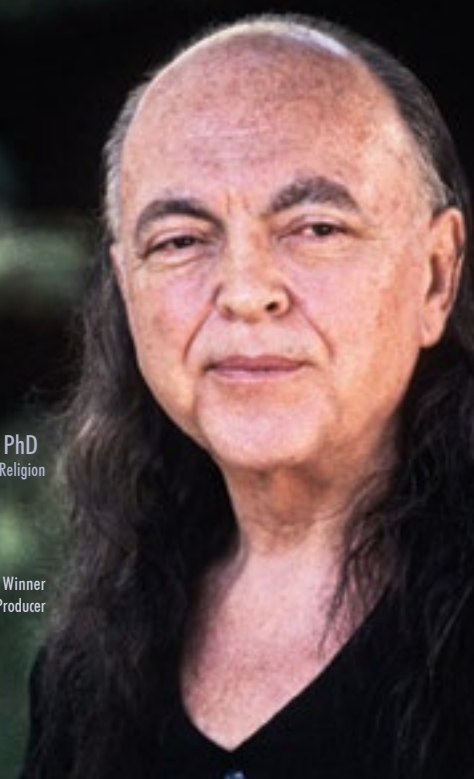
A Course in Miracles Study Group via Zoom with Interfaith Center for Spiritual Growth • Mondays, through Aug 26 OR Thursdays through August 29 • Mondays from 6:45 to 8:00 p.m. OR Thursdays from 7:30 to 8:30 p.m. • Course in Miracles Study Group. FREE, but donations gratefully accepted. For more information visit interfaithspirit.org.

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The Crazy Wisdom Calendar

May through August 2024

Death and Dying

Death Cafe via Zoom with Interfaith Center for Spiritual Growth • July 2, & Aug 6 • 6:30 p.m. to 8:00 p.m. • Discussion of Death and Dying. FREE, but donations gratefully accepted. For more information visit interfaithspirit.org.

Ann Arbor Death Café with Rachel Briggs & Diana Cramer • Saturday, July 20, & August 17 • 10:30 a.m. to Noon • Join us for conversation about death and dying. A “death positive” event, not a grief support group, with deep listening. No agenda, no presentation. FREE, open to all adults. Specify Death Café when sending emails. For more information email TheDyingYear@gmail.com or visit DeathCafe.com.

Death and Dying continued...

End-of-life Doula Training with Merilynne Rush • Friday, June 19, 26, & Saturday July 10, 17, 24, & 31 • 4 to 7:30 p.m. • Are you called to help others during dying and death? Learn from a hospice nurse and experienced end-of-life doulas from diverse backgrounds. 100-page study guide includes resources and info on how to set up a business. No prior experience necessary. We emphasize cultural humility, understanding our biases, and reducing health disparities. Held on Zoom. \$725; scholarships and payment plans are available. For more information email Merilynne at thedyingyear@gmail.com.

Drumming

Drummunity Jams with Lori Fithian • 3rd Saturdays, July 20, & August 17 • 7 to 8:30 p.m. • Join us for a family-friendly music and drum jam - an evening of rhythm games, vocal improv, movement and more, all with a focus on FUN! Drums will be available, feel free to bring your own instruments! All ages are welcome. For more information contact Lori at (734) 426-7818 or email folksongjamalong@gmail.com.

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Energy and Healing

Healing Through the Akashic Records with Shellie Powers • Times & Dates Vary • Embark on a journey of spiritual practice, embracing unconditional self-love, transforming resentment into acceptance, and breaking free from limiting patterns. Activate your inner ascension matrix to overcome challenges and bask in the radiance of your soul, using the time-tested Pathway Prayer Process®. Four three-hour sessions. \$500. For more information contact Shellie at (734) 926-8423 or visit powers365.com.

Energy Work - Wild Goose Form with Master Wasentha Young • Tuesdays AND/OR Thursdays through August 8 • Tuesday from 6 to 7:00 p.m. AND/OR Thursday from 10 to 11:00 a.m. • The Wild Goose Form, a series of interconnecting movements is a reverent dance that embodies the multidimensional aspect of Energy. It includes imagery, stretching, acupoint contact, and connections with universe, nature, and earth. Classes are in-person. Register by 4/20 for a \$10 discount. Use code: ss2024. For more information contact the Peaceful Dragon School at 734-741-0695, email info@peacefuldragonschool.com, or visit [.peacefuldragonschool.com](http://peacefuldragonschool.com).

Healing & Ascension Monthlies Classes with Rev. Eve Wilson • Thursday, August 15 • 7:30 to 9:30 p.m. • Raise your vibration into unity with your own Higher Self to heal body, mind, soul, and ascend. Learn to live in new world of unconditional love. Release judgment and fear. Help your soul group and the world heal and ascend. Discover your true purpose. Teleconference Call / Recorded / Supported by skilled world healing ascension workers. \$300 for a series of six (continues into January). For more information contact Eve at (734) 780-7635, email evew@spiritualhealers.com, or visit spiritualhealers.com.

Festivals and Fairs

Enlightened Soul Holistic 2-Day Psychic Fair with the Enlightened Soul Center & Shop • The Weekends of July 6 & 7, July 20 & 21, August 3 & 4, & August 17 & 18 • Saturdays from Noon to 6:00 p.m. & Sundays from Noon to 5:00 p.m. • Join us for two days of high vibrations at the Enlightened Soul Center & Shop at our twice-monthly ESC Holistic Psychic Fairs. What a great way to explore a variety of of readings, energy healing, & metaphysical shopping at one time, under one roof! Admission: \$5 Saturday & \$3 Sunday. FREE gift, FREE snacks, FREE parking. For more information contact Amy at (734) 358-0218.

Michigan Celtic Festival • Friday, July 12 and Saturday, July 13 • Friday, 5:00 p.m. to Midnight, Saturday 10 a.m to Midnight • Celtic music, more than a dozen (free to the public) workshops that provide lessons in traditional folk dance, sword play and acrobatics, athletics, traditional musical instruments and historic living. Plus Corgi dog races, merchants, clan gathering, and more! Held at the Washtenaw Farm Council Grounds. Learn more and see performance schedules at <https://www.mi-celtic.org>.

Film

Free Film & Discussion with Jewel Heart instructors • Friday, July 12, & August 9 from 7 to 9:15 p.m. • Bring your friends and enjoy a free film and discussion about the film. Concessions are also available. Films to be shown are as follows. May 10: “The Notebook.” 2013. The unbreakable bond between two people, rendered extraordinary by the strength, power, and beauty of true love. June 14: “Past Lives.” 2023. Childhood friends confront love, destiny, and the choices that make up a life. July 12: “Eternal Sunshine of the Spotless Mind.” 2004. A comical and poignant look at breakups, breakdowns, and breakthroughs. August 9: “Tibet: A Buddhist Trilogy.” 2006. A three-part feature recombined into one that looks at the Tibetan people as they live now. FREE, concessions available. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Healing

Laughter Yoga Playshop with Debra Metler • Saturdays through August 24 • 11 to 11:45 a.m. • Laughter Yoga is a unique exercise and yoga-like breathing program with multiple health benefits. In addition to being a lot of fun, Laughter Yoga reduces stress, strengthens the immune system, improves lung function, reduces chronic pain, and much more. No sense of humor is needed. We will laugh for no reason! Your brain won’t know the difference. \$15. For more information contact Debra at (248) 819-2131, email debmetler@gmail.com, or visit guffaw.square.site.

Herbal Medicine

Herbal Medicine Series with Mary Light • Third Saturdays, through October 19 • 9:30 a.m. to 2:30 p.m. • An herbal medicine series spanning six months. Students will learn to create, make, store, apply, and use a variety of herbal medicines upon completion. Students will directly learn which body systems/ physiology and conditions the herbal formulations should be used for or applied to. Held in a studio class format inside a pleasant apothecary and consulting space, located at 3684 West Liberty Road, Ann Arbor MI, 48103. Herbal Medicine series and classes are independently taught and are not part of state licensure program. \$800. For more information contact Mary Light at (734) 769-7794, email nshaassociates@gmail.com, or visit naturopathicschoolofannarbor.net.

Intuitive and Psychic Development

Focused Mind Meditation: Teleconference with John Friedlander • Sunday, July 7, & August 4 • 9:00 a.m. to Noon • Development of sustained focused meditation makes it easy to develop a whole new magnitude of psychic skill and healing ability, as well as a whole new level of mental clarity and spiritual openness. \$15. For more information contact Violeta at (734) 476-1513 or visit psychicpsychology.org.

Psychic Psychology Women's Group: Teleconference with John Friedlander and Gloria Hemsher • Tuesday, July 2, & August 6 • 7 to 8:00 p.m. • For Women Only. Meditations concentrating on women's issues relative to biological energies as well as that of the aura. See website for teleconference number and billing information. \$10. For more information contact Violeta at (734) 476-1513 or visit psychicpsychology.org.

Summer Intensive: Webinar/Teleconference with John Friedlander • Mid-July, dates TBA • Thursday and Friday 7 to 9:00 p.m., Saturday 10:00 a.m. to Noon & Sunday 2 to 4:00 p.m. • New material introduced with continued development of advanced and core techniques seeking a natural sense of skill in practical everyday life. Prerequisite: Level 1 Psychic Development Class, CD set, or permission of instructor. \$275. For more information contact Violeta at (734) 476-1513 or visit psychicpsychology.org.

Meditation

Mindful Forest Hike Mini-Retreat: Connecting with the Earth with Elle Bogle, Naturalist, and Julie Woodward, Mindfulness Teacher • Saturday, July 13 • 9:30 a.m. • Join us for this mini-retreat in the serene surroundings of Bird Hills Park in Ann Arbor. This immersive practice of sensory meditation and hiking will support you in feeling more calm, grounded, and connected to yourself and all of life. Includes guided reflection, group discussion and journaling. Ages 18 and older. For more information contact Julie by email at julie@julie-woodward.com or visit <http://www.julie-woodward.com>.

Sunday Morning Meditation Sitting with Various Teachers • Ongoing Sundays • 10 to 11:30 a.m. • Non-guided silent meditation. FREE. For more information contact Kenneth at (734) 678-0264 or visit stillmountainmeditation.org.

Weekly Silent Meditation Practice with Celeste Zygmunt • Ongoing Sundays and Tuesdays • Sunday: 11:00 a.m. to Noon AND/OR Tuesday: 9:00 to 9:30 a.m. • We will have a brief period of chanting, then mute ourselves, and then begin silent vipassana meditation. After the hour is finished a bell will ring and meditators can go on with their day. There will be time to stay and chat or discuss questions if someone so chooses. Donation-based. For more information contact the Deep Spring Center at (734) 477-5848, email om@deepspring.org, or visit deepspring.org.

White Tara Guided Healing Meditation with Jewel Heart Instructors • Sundays through August 25 • 9:30 to 10:35 a.m. • Tara is the mother goddess of Tibetan Buddhism, known for her quick and compassionate activity. White Tara is particularly associated with healing and long life. These guided meditations use visualization techniques to overcome physical, mental, and emotional suffering. FREE, donations welcome. No event on July 28. Online and in-person. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Healing and Compassion Meditations with Hartmut Sagolla • Mondays, through August 26 • Noon to 1:00 p.m. • Hartmut Sagolla leads a 30–40-minute guided meditation on a Buddhist theme followed by discussion. Meditations are centered around healing oneself and others and developing compassion. They include concentrated meditation, visualization, and contemplative meditation. Online only. FREE, donations welcome. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Daylong Meditation Retreat With Carol Blotter • August in the Crazy Wisdom Community Room • 9:00 a.m. to 4:00 p.m. Meditation practice of sitting and walking plus a short talk. Find peace and calm in the quiet wooded space of Michigan Friends Center in Chelsea. Appropriate for all levels of meditators. Suggested Donation \$30-\$60 or what you can afford. For more information contact manager@mfcenter.org.

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A Conversation with Hummingbird Group Soul



By Peggy River Singer

One of my favorite childhood memories from growing up in the country was the day I was walking across the front yard and a Ruby-throated Hummingbird zipped right up to me! He hovered in front of my eyes for several moments before heading on his way. He was the first hummingbird I'd ever seen, and I've never forgotten him. These days, Ruby-throats are welcome visitors to the Sweet Pea vines growing on my patio fence; and many bird enthusiasts travel across the country and around the world to see species that don't occur at home. So, I thought it would be fun to interview the Group Soul for these amazing tiny wonders!

Peggy: Hello, how shall I call you, please?

Group Soul: “Ruby” will be fine, thank you. I have access to the memories of all hummingbirds, and the meeting you describe so charmingly made me smile! That bird was sent to meet you, you see, in recognition of the love for animals that you were developing; and as part of your personal journey into becoming a human who serves all living things.

Peggy: Many birds are beautiful, but I'd like to ask why hummingbirds are so flashy with their brightly colored sparkly outfits.

Ruby: This was partly a personal choice on the part of Creator, who loves beautiful things.

Peggy: But don't those colors attract predators?

Ruby: Keep in mind that most birds and animals do not see the full range of colors humans enjoy. I would say the hummingbird's quick movements are what predators notice. Hummingbird colors are meant to be seen by other hummingbirds.

Peggy: I notice you said this was “partly” a personal choice on the part of Creator. May I ask what other considerations led Creator to this choice?

Ruby: The birds themselves requested to be able to show themselves in the colors that are so meaningful in their cultures, so Creator made the necessary adjustments to allow this.

Peggy: I'm a bit confused. I've talked with many species who have traveled to Earth at Creator's invitation. Now I see that I've *assumed those species would arrive wearing their usual appearance with their usual energies.*

Ruby: A natural assumption on your part.

Peggy: What special role, or job, do hummingbirds have, beyond simply being birds?

Ruby: Ah, now we get to the true heart of the matter! Hummingbirds are strongly connected to the stars and star-folk, particularly the constellations of Aries and Orion. Hummingbirds are living expressions of the energies of those constellations and of the individual stars as well.

Peggy: Did the hummingbird folk originate in those stars, then?

Ruby: Exactly. The physical form of your hummingbirds is a translation of their natural energetic form “back home”.

Peggy: Why did Creator ask hummingbirds to come here?

Ruby: This was due to the extremely pure and high-vibration energy that describes so much of a hummingbird's existence. Creator designed this world to be positive/negative in all things, knowing that the balance point would be constantly shifting on an infinity of different energetic and physical levels. Although most hummingbirds are physically small, they are capable of embodying vast universal energies which they are able to manipulate in order to assist in maintaining the balance of energies of this world.

Peggy: Do ALL hummingbirds take part in this extraordinary energy-work?

Ruby: No, they are free to choose whether or not to devote their lives to that work. But, all hummingbirds do possess the pure and high-vibration energy I have described. Many humans – especially those who are sensitive to natural energies—might notice a feeling of “lightness” and uplifted emotions such as pleasure and happiness in the presence of hummingbirds, which is part of the mission of these beings. They remind humans of the fragility of life, the value of beauty, the rewards of taking time to watch and enjoy these miracles of nature.

Peggy: Thank you! I can see “my” hummingbird from all those years ago winking at me!

Ruby: [smiles]

Peggy River Singer is a Lightworker, all-beings communicator, faerie ally, Reiki practitioner, and lifelong writer. More of her articles are posted on angelsfairiesandlife.wordpress.com. To request a reading, please call (734) 548-0194.



[READ MORE INTERESTING CONVERSATIONS WITH PEGGY RIVER SINGER ONLINE!](#)

The Crazy Wisdom Calendar

May through August 2024

days and locations, at Westgate and Malletts Creek library branches. FREE. For more information contact Lori at (734) 426-7818 or email folksongjamalong@gmail.com.

Cafe 704 Live Music with Interfaith Center for Spiritual Growth • Saturday, July 13, & August 10 • 7 to 9:00 p.m. • Cafe 704 is a smoke and alcohol-free venue with live music. \$10 per person live or on Zoom. For more information visit Interfaithspirit.org.

Harmony for Your Soul with Kimberly Harrison Rieli & Jaime Lawrence • Thursday, August 8 • 3 to 5:00 p.m. • An afternoon of self-care and nourishment for your body, mind, and soul. Participants will be led in an interactive experience of journaling, emotional freedom technique, gentle stretching, and nervous system healing, followed by a deeply restful sound healing journey. You'll drift away serenaded by crystal singing bowls, Celtic harp, flutes, gongs, drums, and Kimberly and Jaime's ethereal voices. Don't miss this opportunity to immerse yourself in a truly transformative afternoon of self-care and healing. More dates continue into November. \$55 (with sliding scale options of \$44 or \$33). Located at the Infinite Light Center (formerly Jackson Spiritual Center), at 1805 East Ganson Street, Jackson, MI 49202. For more information contact Jaime at (517) 416-1088, email jaime@hgmusictherapy.com, or visit hgmusictherapy.com OR Kimberly at (310) 502-9367, email info@singingforyoursoul.com, or visit singingforyoursoul.com.

Sacred Gong Bath with Coach Bill Sullivan • Friday, June 21 • 7:00 p.m. • Join Coach Bill Sullivan of Meditate School of Mindfulness and Sound for this transformational session using more that 12 sacred gongs. \$40. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Sound & Vibrational Therapies Double Certification Course with Bill Sullivan • Monday, July 6 to Thursday, July 9 OR Saturday, August 10 to Tuesday, August 13 • 10:00 a.m. to 6:00 p.m. • This interactive training is centered around the teaching of Sound Healing & Vibrational Therapies. Our intention for this amazing interactive training is to not only share the theory, science, and practices of sound healing, but to give you “hands-on” experience. \$1,590. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Sound Bath & Gallery Reading with Rob Meyer-Kukan • Friday, July 12 • 7 to 8:30 p.m. • Join Sound Therapist, Rob Meyer-Kukan and Psychic/Medium, Rev. Dr. Ryan Mehmandooost-Gauthier for this time of sound bath meditation including a gallery reading. \$50. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Sound Bath with Rob Meyer-Kukan • Friday, August 2 • 7 to 8:30 p.m. • Join Rob Meyer-Kukan for this sound bath meditation where he will use singing bowls, gongs, and more to create a gentle soundscape perfect for deep relaxation and peace. \$40. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Sound Bath Meditation with Rob Meyer-Kukan • Sunday, August 25 • 7:00 to 8:15 p.m. • Join Rob Meyer-Kukan for this sound bath meditation in the days and locations, at Westgate and Malletts Creek library branches. FREE. For more information contact Lori at (734) 426-7818 or email folksongjamalong@gmail.com.

Cafe 704 Live Music with Interfaith Center for Spiritual Growth • Saturday, July 13, & August 10 • 7 to 9:00 p.m. • Cafe 704 is a smoke and alcohol-free venue with live music. \$10 per person live or on Zoom. For more information visit Interfaithspirit.org.

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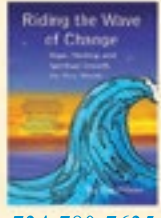
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The Crazy Wisdom Calendar

May through August 2024

Labyrinth Tour with Rob Meyer-Kukan • Saturday, August 17 • 10:00 a.m. to 3:00 p.m. • A labyrinth is a tool to quiet the mind and open the heart. In the Ann Arbor area there are a dozen or so public labyrinths within 25 miles. Each style, setting, and material of labyrinth has its own feel and unique experience. Sliding scale donation \$5-\$30. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Daylong Meditation Retreat with Carol Blotter • Saturday, July 13 • 9:00 a.m. to 4:00 p.m. • Meditation practice of sitting and walking, plus a short talk. Find peace and calm in a quiet wooded space. Appropriate for all levels of meditators. Suggested Donation \$30-\$60—or what you can afford. Located at the Michigan Friends Center, 7748 Clark Lake Road, Chelsea, MI 48118. For more information contact Carol at manager@mfccenter.org.

Music, Sound, and Voice

Folk Song Jam Along with Jean Chorazyczewski and Lori Fithian • Wednesday, July 3, and Tuesday, August 6 • 6 to 7:30 p.m. • Come sing and play - join us for a summer of singing! No rehearsals, no concerts - just playing music for the FUN of it! We'll put lyrics and chords up on a screen, you sing and/or play along! All kinds of songs!! All instruments, ages, and levels are welcome. We alternate We alternate days and locations, at Westgate and Malletts Creek library branches. FREE. For more information contact Lori at (734) 426-7818 or email folksongjamalong@gmail.com.

Sound Bath & Gallery Reading with Rob Meyer-Kukan • Friday, July 12 • 7 to 8:30 p.m. • Join Sound Therapist, Rob Meyer-Kukan and Psychic/Medium, Rev. Dr. Ryan Mehmandoost-Gauthier for this time of sound bath meditation including a gallery reading. \$50. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Heart-Opener Concert & Song Circle with Ann Arbor Reconstructionist Congregation & Congregation Beth El of Windsor • Tuesday, July 16 • 7:00 p.m. • Musicians Rena Branson and Molly Bajgot will lead a participatory concert at this stop on their Heart-Opener Tour. Weaving original music from a variety of Jewish and secular traditions with yearning, vulnerability, and building community, this song circle will be a place to ground yourself and connect with others. Sliding scale donation suggested. For more information contact Emily Ohl, Administrator, emily@aarecon.org or visit <https://bit.ly/heartopenera2>

Sound Bath with Rob Meyer-Kukan • Friday, August 2 • 7 to 8:30 p.m. • Join Rob Meyer-Kukan for this sound bath meditation where he will use singing bowls, gongs, and more to create a gentle soundscape perfect for deep relaxation and peace. \$40. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Sound Bath Meditation with Rob Meyer-Kukan • Sunday, August 25 • 7:00 to 8:15 p.m. • Join Rob Meyer-Kukan for this sound bath meditation in the Gallery at the PARC in downtown Plymouth, Michigan. In this time of sound bath, Rob will play metal and crystal singing bowls, with drums, chimes, and more washing you with sounds intended to bring calming vibrations to reduce stress and ease tension. \$40. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Personal Growth

Stop Sabotaging Your Self-Care Course with Christy DeBurton • Self-Paced • In this compact, powerful self-paced course you'll get at the root causes of your self-sabotaging habits. Learn effective tools to set healthy boundaries without the guilt. Banish burn-out, overwhelm, and resentment. Be inspired to eat healthy, sleep well + live better in your body. \$19. For more information contact Christy at info@christydeburton.com or visit yogaroomannarbor.com.

Reiki

Usui/Holy Fire Reiki Certification with Paula A. Burke • Saturday, July 13 & 20 • 10:00 a.m. to 2:00 p.m. • Come join the journey of delving into the reiki world and receive the positive benefits to your life for years to come. Become a certified Usui/Holy Fire 3 Reiki Practitioner, enroll today in our next set of classes. Join Usui/Holy Fire 3 Master Paula Burke in this simple, natural, and safe method of spiritual healing and self-improvement. Reiki I will take place on July 13, Reiki II on July 20. \$133 each. For more information contact Paula at (517) 936-9064 or email diffusingpeace@yahoo.com.

Usui System of Reiki Healing, First Degree with Suzy Wienckowski • Saturday, July 13 & Sunday, July 14 • Saturday 10:00 a.m. to 5:00 p.m., & Sunday 10:00 a.m. to 1:00 p.m. • Reiki is a gentle, hands-on healing

practice that promotes balance and harmony of the Body/Mind/Spirit. Reiki is easily learned by all and after initiation by a Reiki Master healing energy flows effortlessly through your hands. Class includes the history of Reiki, treatment form for yourself and others, and individual initiations. \$200. For more information contact Suzy at (734) 476-7958 or email suzyreiki@aol.com.

Okuden Reiki Level II Certification with Courtney Fitzpatrick • Friday through Sunday, August 23, 24 & 25 • Friday 5:30 to 8:30 p.m., Saturday and Sunday 1 to 6:00 p.m. • At the Okuden Level II, we learn how to send Reiki remotely, we learn three different symbols which change the landscape of your connection and experience with Reiki, and we even learn how to Reiki situations etc. - for the highest and best to occur. \$625 or early bird \$560 until Aug. 3. For more information contact Courtney at (734) 808-4007, email courtney@veraposeyoga.com, or visit veraposeyoga.com.

Retreats

Personal + Mini Wellness Retreats with Christy DeBurton • Ongoing • When you don't have the time or budget for a full weekend retreat but just need a little 'me-time,' treat yourself to a Mini Retreat or a Personal Retreat to relax and renew. Visit website for pricing options. For more information contact Christy at info@christydeburton.com or visit yogaroomannarbor.com.
Private Directed Retreat with Janene Ternes • Monday, July 15 from 2:00 p.m. through Friday, July 19 at 1:00 p.m. • Experience the serenity and clarity that comes from listening to God's Spirit within you. This retreat will provide time and space for solitude, personal prayer, quiet reflection, and daily spiritual direction. \$450. For more information contact Janene at (734) 347-2422, email PrayerInMotionLLC@gmail.com, or visit prayer-in-motion.com.

A Retreat on the Mystics: Julian of Norwich & Thomas Merton with Joan M. Nuth & Joseph Raab • Sunday, July 28 from 7:00 p.m. through Wednesday, July 31 at 11:00 a.m. • Julian of Norwich is an example of what Bernard McGinn has called a "vernacular theologian." After briefly placing her in her historical context, I will describe the experience which precipitated her writings. I will analyze what is mystical about that experience and evaluate the importance of the theology which grew from it. Thomas Merton's Multi-Religious Mysticism: An exploration of Thomas Merton's encounters with non-Christian mystical traditions. Cost: Commuter: \$180; Double Occupancy: \$280 per person; Single Occupancy: \$380. For more information contact the Weber Center at (517) 266-4000, email webercenter@adriandominicans.org, or visit webercenter.org.

Shamanism

Journey Circle with Judy Liu Ramsey • Thursday, July 18, August 1 & 15 • 7 to 8:30 p.m. • Explore concepts in your personal life path through shamanic journeying to receive information and tools to help you proceed with grace and ease. Pre-requisite: journeying skills. \$25 per session or \$40 per month. The first circle is free. For more information contact Judy at info@JudyRamsey.net or visit JudyRamsey.net.

Shamanic Healing for Animals 1 with Judy Liu Ramsey • Tuesdays through July 23 • 7 to 9:00 p.m. • Explore perspectives for animal healing that draw upon core shamanic practices. Students develop a toolkit of techniques within supportive and experiential instruction from a professional animal communicator who also practices shamanism. Prerequisite: journeying basics. Knowledge of animal communication is not necessary. The class is taught via ZOOM. \$400 per person, \$200 for repeating students. For more information contact Judy at info@JudyRamsey.net or visit JudyRamsey.net.

Basic Journeying: The Art of Shamanism for Practical & Visionary Purposes in Daily Life with Judy Liu Ramsey • Saturday, August 17 & Sunday, August 18 • 9:00 a.m. to 3:00 p.m. • The shamanic journey is a powerful tool to access spiritual information. Meet a compassionate spirit or power animal who wants to help you at this time. Learn how to develop a practice of empowerment, so you can balance, moving intentionally through the world. This class is a prerequisite to more advanced shamanic studies. Taught online via ZOOM. \$180 per person, \$90 for repeating students. For more information contact Judy at info@JudyRamsey.net or visit JudyRamsey.net.

5 Day Soul Retrieval Training with Connie Lee Eiland • Wednesday, July 3 through Sunday, July 7 • 10:00 a.m. to 5:00 p.m. • This in-person class is for people who want to bring soul retrieval into their practices. Participants will be trained in diagnosis, soul retrieval, and intensive aftercare to help with integration. There is an application process for this training, don't wait too long as the class size is limited to eight. The length of days will vary with some going into the evening for ceremony. \$425 until June 15, \$475 after. For more information contact Connie at (248) 809-3230, or email clshebear7@gmail.com.

Extraction: Illness & Healing from a Shamanic Perspective with Judy Liu Ramsey • Saturday, July 20 & Sunday, July 21 OR Saturday, August 24 & Sunday, August 25 • 9:00 a.m. to 5:00 p.m. • Learn about the spiritual connection to illness. From a shamanic perspective, explore different ways to "diagnose" an illness as well as to address its healing. Deepen your understanding of spiritual intrusions and learn ways to extract them. Prerequisites: Basic Journeying, Medicine for the Earth/Healing with Spiritual

Light. In-person class. \$220 per person, \$100 for repeating students. For more information contact Judy at info@JudyRamsey.net or visit JudyRamsey.net.

Basic Telepathic Animal Communication with Judy Liu Ramsey • Saturday, July 27 & Sunday, July 28 • 9:00 a.m. to 5:00 p.m. • Rediscover your natural telepathic communication skills with step-by-step instruction. Learn how to connect with animals the way they communicate with each other. It's a fun, creative, and fascinating window to the world around us! Join us for this amazing class. Online via Zoom. \$160 per person, \$80 for repeating students. For more information contact Judy at info@JudyRamsey.net or visit JudyRamsey.net.

Healing Curses & Spells with Connie Lee Eiland • Saturday, August 24 from 10:00 a.m. to 5:00 p.m. and Sunday, August 25 from 10:00 a.m. to 4:00 p.m. • This in-person class involves recognizing the importance of words and energy for health and well-being. Participants will learn to recognize curses and how to remove them safely. Methods of healing come from Peruvian, Hawaiian, and Tibetan shamanic practices. Class size limited to eight. \$200 until August 10, \$230 after. For more information contact Connie at (248) 809-3230, or email clshebear7@gmail.com.

Spiritual Development

Learn To Read the Akashic Records: Beginner with Shellie Powers • Times & Dates Vary • Discover the most direct path to access Soul-level wisdom applicable to any life situation, consistently and reliably, using the time-tested Pathway Prayer Process©. Learn about the Akashic Records, the method of access, and develop your skills for successful navigation of the Records, for yourself and others, as a certified practitioner. Three, three-hour sessions. \$360. For more information contact Shelly at (734) 926-8423 or visit powers365.com.

Learn To Read the Akashic Records: Advanced with Shellie Powers • Times & Dates Vary • Experience the Akashic Records through the Pathway Prayer Process©. Encounter the energy and wisdom and further develop your skills for successful navigation of the Records, working in the Akashic Records for Energy Healing, Clearing Ancestral Patterns, and Reconciling Past Lives, as an advanced certified practitioner. Three, three-hour sessions. \$430. For more information contact Shelly at (734) 926-8423 or visit powers365.com.

Sufi Gathering with Amam Ayubbi • Tuesdays through August 27 • 7 to 8:00 p.m. • Evening of Sufi discussion and chanting held on Zoom. \$5-\$10 per session suggested. For more information visit interfaithspirit.org.

Through the Other End of the Telescope with G. Arthur Weidman • Second Saturdays, July 13th and August 10 • 7:30 p.m. Discussion of Metaphysical Matters, Emotional Intelligence, Consciousness as Part of the Quantum Field, and Intentional Creating. \$8.00 suggested donation. For more information contact gweidman97@gmail.com. Held in the Crazy Wisdom Meeting Room.

Witches Night Out • Second Wednesday of the month, July 10 • 6 to 8:00 p.m. • We're excited to announce that Witches' Night Out is BACK! Crazy Wisdom has reopened their beautifully renovated upstairs space and is ready to host our monthly gatherings again! While the tearoom is no longer upstairs, you're welcome to bring your own food and drinks (just avoid anything too messy). Join like-minded individuals on the second Wednesday of each month to discuss upcoming events, share topics of interest, and answer questions. This is a judgment-free zone, open to everyone! We start setting up right after 5 PM, and by 8 PM, we'll head downstairs to shop. Come to share, listen, learn, and enjoy the gorgeous new space. Everyone is welcome!

Sustainable Living Skills

Natural Building Internships at Strawbale Studio with Deanne Bednar • Monday, July 1 to Sunday, July 28 • Experience a variety of natural building skill while living & learning on-site at Strawbale Studio. Classes & Hands-on: Foundation, Round pole framing, Thatched & Living Roof, Strawbale walls, Earth Plaster & Cob. Enrichment: Earth Oven, foraging, mushroom log fruiting + more. Some ½ pay worktrade available. \$1250 / \$950 1 month in advance. Includes room & board. For more information visit strawbalestudio.org.

Learning Tour at Strawbale Studio with Deanne Bednar • Saturday, August 17 • 10:00 a.m. to Noon • Tour the Strawbale Studio & other enchanting natural buildings with thatched & living roofs, Strawbale walls, earth plasters and sculptures! See Rocket Stoves, Earth Oven, Mushroom Garden & more! Ask lots of questions! You may also want to register for the workshop scheduled that day. See website for natural building & craft classes! \$20. For more information visit strawbalestudio.org.

Sustainable Skills Worktrade at Strawbale Studio with Deanne Bednar • Saturday, June 1 through Friday, June 28 OR Thursday, August 1 through Wednesday, August 28 • A unique opportunity to live and work onsite at Strawbale Studio, helping with the grounds, natural buildings and infrastructure, while also being taught sustainable living skills. Nature, purpose, contribution, learning! Includes basic room & board. 25 hours of worktrade a week. For more information visit strawbalestudio.org.

Resources for Conscious Living

Diamond Approach Michigan
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Lou Weir, Diamond Approach Teacher
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Tai Chi, Martial Arts, and Self Defense

Chen Tai Chi Chuan with Joe Walters • Ongoing Tuesdays, Thursdays, and Saturdays • 4 to 5:00 p.m. • Instruction in Chen Family Style Tai Chi Chuan. Stance training, silk-reeling exercises, and Chen forms. FREE. For more information email Joe at annarbortaiichi@gmail.com or visit annarbortaiichi.com.

Wu Style Tai Chi Chaun with Marylin Feingold • Sundays through August 25 • 4 to 5:00 p.m. • Learn the ancient art of meditation in motion with this “soft style” martial art emphasizing relaxation and balance. In-person, no meeting on May 26 and July 28. Drop-in, \$5 per session collected at the door. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Eight Form Tai Chi (Yang Style): Meditation in Motion with Michelle McLemore • Sundays, July 14, 21, & 28 • 1 to 2:30 p.m. • Improve balance, deepen breath, heighten energy flow, and settle into alpha brain waves by learning gentle movements coupled with Qi Gong and grace-giving warmups over three Sunday afternoons. Optional tea following. Outside if good weather. Ages 13 and up. Pre-register. \$30. For more information contact Michelle at (517) 270-0986, email energy@michellemclmore.com, or visit michellemclmore.com.

Women’s Health

The Ultimate (Peri)menopause Guide with Christy DeBurton • Self-Paced • This guide will help you learn about the different stages of (peri)menopause + the most common symptoms; gain knowledge about how to balance your hormones naturally through diet, supplements, herbs + self-care; learn techniques to lower stress and improve your sleep; identify how to exercise smarter for this time of life. \$19. For more information contact Christy at info@christydeburton.com or visit yogaroomannarbor.com.

Writing and Poetry

Crazy Wisdom Poetry Series with Edward Morin, David Jibson & Lissa Perrin • Workshops: Wednesday, July 10, & August 14; Readings: Saturday, July 24 • 7 to 9:00 p.m. • Crazy Wisdom Poetry Series. Hosts: Edward Morin, David Jibson, and Lissa Perrin. Workshop writers discuss their poetry and fiction. Open mic and featured guest readings: Yousef el Qedra, Khaled Jumaa (5/22); Hedy Habra (6/26); Robert Fanning (7/24). Sessions virtual and accessible through Zoom. FREE. For more information contact Edward at (734) 668-7523, email eacmorso@sbcglobal.net, or visit cwcircle.poetry.blog.

Yoga

Yoga Your Way with Christy DeBurton • Ongoing • Aqua Yoga, Hatha, Vinyasa + Yin Yoga, private sessions, hybrid online courses, retreats, and more. For more information contact Christy at info@christydeburton.com or visit yogaroomannarbor.com.

Open Level Yoga with Michele Bond • Ongoing Sundays, Tuesdays, & Saturdays • Sundays, 4 to 5:30 p.m., Tuesdays, 6 to 7:30 p.m. & Saturdays 10 to 11:30 a.m. • Each student is encouraged to honor their own unique abilities and limitations in this mixed level class, with variations offered for all levels. Our method blends the science of biomechanics with an openhearted, uplifting philosophy. Learn to look for the good in yourself and others as you enjoy a dynamic practice. \$15 if registered for the semester, \$20 drop in with instructor’s permission. For more information contact Michele at (734) 358-8546, email michele@yogahouseannarbor.com, or visit yogahouseannarbor.com.

Tuesday and Thursday Yoga with Jillian Diwan • Ongoing Tuesdays and Thursdays • 10 to 11:00 a.m. • Ashtanga-based yoga for every body! Limited space. \$15. For more information email Jillian at jill@jamhandsbodywork.com.

The Practice with Michele Bond • Ongoing Wednesdays • 6 to 7:30 p.m. • Great for athletes or anyone looking for a strong practice. Enjoy increasing core strength, enhancing flexibility, agility, balance, and mental focus with this fun and energetic practice. Students gain so much mind/body/spirit wisdom that they return year after year to enjoy this life enhancing practice. \$15 if registered for the semester, \$20 drop in with instructor’s permission. For more information contact Michele at (734) 358-8546, email michele@yogahouseannarbor.com, or visit yogahouseannarbor.com.

Yoga Essentials with Michele Bond • Ongoing Thursdays • 6 to 7:30 p.m. • For those new to yoga, or new to this system. Learn universal principles of alignment that are an invaluable aid to learning the postures, deepening your understanding of the body, developing a yoga practice that is safe, joyful, therapeutic, and fun! \$15 if registered for the semester, \$20 drop in with instructor’s permission. For more information contact Michele at (734) 358-8546, email michele@yogahouseannarbor.com, or visit yogahouseannarbor.com.

Saturday Morning Yoga with Jillian Diwan • Ongoing Saturdays • 10 to 11:00 a.m. • Ashtanga-based led yoga class for every body! Donation-based contributions. For more information email Jillian at jill@jamhandsbodywork.com.

Hatha Yoga with Samantha Lieberman • Thursdays from May 2 to August 29 • 9:15 to 10:15 a.m. • Sam loves the process of creating and offering safe yet challenging yoga sequencing. She enjoys sharing her love of yoga with all levels of students and is deeply honored to pass the gift of yoga to others. Bring your own mats. Drop-in \$15 per session – First visit is FREE! Cash or Venmo at door. Seniors receive 10% discount. Discounted packages available. For more information contact Jewel Heart at (734) 994-3387, email programs@jewelheart.org, or visit jewelheart.org.

Gentle Yoga Flow at Infinite Light Center with Paula A. Burke • Thursdays from May 2 through August 29 • Noon to 1:00 p.m. • Gentle Yoga Flow for everybody. Starting every class with a little meditation, offering a drop of essential oil, and then going into gentle yoga twists, bends, stretches, and long holds in luxurious poses will help with stress relief, mental & physical relaxation, and restoring energy. \$10. For more information contact Paula at (517) 936-9064 or email diffusingpeace@yahoo.com.

Yoga + Sound with Rob Meyer-Kukan • Saturday, May 18 • 6 to 7:30 p.m. • Join Sound Healer, Rob Meyer-Kukan and Yoga Instructor, Paul Barr for this heartfelt pairing of Yoga + Sound at 7 Notes Natural Health. \$40. For more information contact Rob at (248) 962-5475, email rob@robmeyerkukan.com, or visit 7notesnaturalhealth.com.

Reiki & Yoga Experience: Rebalancing the Wheels of Life with Paula A. Burke & Andrea Anzalone • Sunday, May 19 • 2 to 4:00 p.m. • We invite you to join Andrea and Paula for a special event focusing on chakra balancing using Reiki and Yoga. This unique session will provide you with a deeper understanding of these healing arts and how they can be used to balance your chakras, promoting health and wellness from the inside out. \$33. For more information contact Paula at (517) 936-9064, email diffusingpeace@yahoo.com, or visit diffusingpeace.com.

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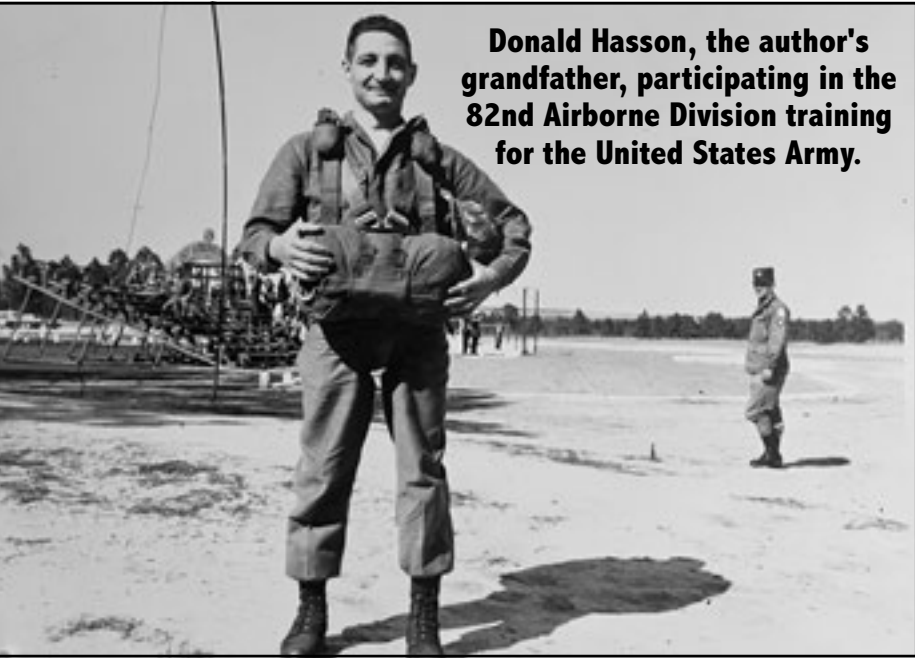




By Thea Lona Hassan

There were seventeen sets of nail clippers. Books were on the shelves, books in boxes under the bed, and even more books in the attic. I found at least two dozen pairs of eyeglasses each with a sunglass inset. A microscope. Three weed whackers, four typewriters, and the boxes from every appliance he owned. At least 15 winter coats—why so many coats?

Like many of us, my late grandfather had accumulated a lot of stuff in his industrious 93 years on Earth. In my months-long, ongoing effort to clean out his house, I have carefully sorted everything out—composting the food rotting in the fridge, donating the unexpired soup cans from the cabinets, and recycling the paper, plastic, and electronics. The medical supplies were picked up by a local nonprofit. I gifted stuff to anyone willing to take it and anything left was dropped off at the local second-hand store.



Like many of us, my late grandfather had accumulated a lot of stuff in his industrious 93 years on Earth. In my months-long, ongoing effort to clean out his house, I have carefully sorted everything out—composting the food rotting in the fridge, donating the unexpired soup cans from the cabinets, and recycling the paper, plastic, and electronics.

Sadly, I've also filled up a dumpster's worth of trash destined for the landfill. Tchotchkes and bric-a-brac, plastic dishes and serving spoons, polyester clothing, and smoke-stained curtains were all thrown out. And while doing so, I reflected at length on why many of us have so much stuff in the first place.

All this stuff comes at great cost to our environment and our communities, and its impact often goes unseen. In the United States, more than 40% of our climate impact comes from “consumption emissions”— generated through the lifecycle of our stuff and our food. Nearly all of this stuff is made by a globalized production system that is undermining our life support system, polluting air and water, and converting whole communities into sacrifice zones.

We may just see the new cellphone or car we want, but we often fail to consider that the item, like every product, was made from a natural resource—which had to be extracted, refined, and transported. Every step in the process places additional burdens on indigenous people and communities of color. For example, a recent study found that air pollution from the consumption of goods and services has been found to be largely created by white people but disproportionately inhaled by Black and Hispanic minorities. Further, for decades, studies have found landfills and toxic waste treatment facilities are far more likely to be located in Black and Hispanic communities than in white neighborhoods. Every product we discard adds further burdens to communities near landfills and incinerators.

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The Ecology Center's suggestion: Use less stuff. Less stuff equals more life, more time for what we love, and an opportunity to decrease our carbon footprint. This message is central to a campaign we are launching next year in partnership with the City of Ann Arbor.

The idea that less stuff equals a happier, healthier life is by no means new. Jesus told his followers, “If you want to be perfect, go, sell your possessions, and give to the poor.” Trauma therapists suggest clutter represents unresolved emotional distress. Marie Kondo's *The Life-Changing Magic of Cleaning Up* instructs only owning what brings joy. Swedish Death Cleaning recommends getting rid of all excess to reduce personal stress and the future stress of relatives who must clean up after you when you die. The Buddhists and the Taoists teach happiness is achieved through non-attachment to material goods.

We all know we're happier with less stuff. It's far too easy, however, to be overwhelmed by the pressure of consumption. Everywhere we turn, someone is trying to sell us something, with the promise of wholeness achieved through a purchase. Buying new stuff gives our brains a delicious but short-lived dopamine rush. But together, we can hop off the hedonic treadmill.

Here are the Ecology Center's suggestions to get started consuming less stuff:

- Whenever possible, buy used.
- Avoid single-use plastic by carrying your own bags, cutlery, cups, and water bottles.
- Borrow books from the library.
- Borrow or rent tools—some communities have a tool library.
- Repair items when possible. Visit a repair cafe or watch a YouTube video.
- When you throw things out, be sure to sort out anything that can be composted, recycled, or donated to reduce the amount of stuff headed for the landfill.
- Check to see if your local recycling facility accepts hard-to-recycle items like mattresses or tires.
- When you do shop, shop locally and buy ethically. If you are able, buy organic.
- If you are buying a gift, focus on relationships and experiences. Or plants.
- Find ways to share within your family and neighborhood.
- Donate what you can. Many communities have a “Buy Nothing” group on Facebook allowing people to donate items in their neighborhood.

But it's not just up to individuals to practice zero waste—we need businesses, organizations, and governments to get on board. Strong local, state, federal, and global policies are needed to reduce stuff and its impacts. Policies like bag bans, prohibitions on single-use water bottles, and requiring governments to use reusable food service wares for workplaces, events, and conferences help reduce the amount of stuff to be dealt with. Education is vital to ensuring everyone has the resources to participate in waste reduction. Community-based recyclers, composters, and other service providers are essential in a circular economy.

I kept little of what I found at my grandfather's house—just a few pictures and a couple of books. My favorite gift from him was a fudge popsicle, which he had offered to me on every visit since I was a little girl. We'd eat them together on the back deck, his Shangri-La, which overlooked a small river, always teeming with birds. His stuff is nearly forgotten—that experience I'll remember forever.

Since clearing out his house, I've started to clean out my own house of unused items and unneeded duplicates. And I've started to be ruthlessly judicious about what I bring home, lest any poor relative of mine gets tasked with the burden of a cleanout. Why did she own three vacuums, they'll wonder, as they pull at their hair in frustration.

Since clearing out his house, I've started to clean out my own house of unused items and unneeded duplicates. And I've started to be ruthlessly judicious about what I bring home, lest any poor relative of mine gets tasked with the burden of a cleanout.

Robin Guenther, an environmental health advocate who designed sustainable, nontoxic healthcare facilities, said, “There are only two choices: we either believe we create the future through every decision we make, or we believe the future is determined and our job is simply to keep on the path. We should be dedicated to the first choice.”

I'm deciding to use less and embrace living, decluttering for easier living, and looking for opportunities to share a fudge pop while watching the birds.

Thea Lona Hassan is the Former Communications Manager at the Ecology Center



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From Our Archives



By Marie Noelle Duquette
In 1994, I watched *A River Runs Through It* while I was nine months pregnant. It was filmed in Montana. As the credits rolled, I thought, “That is one of the most beautiful places I’ve ever seen.” I named the baby I was carrying, Chase Montana.

He wrote an essay in college that began: “My mother named me after a place she had never been. She said I would go there someday.” In 2017, Chase and I both went to Montana, on separate trips. I accompanied four youth from our church and their two young adult leaders. We stayed on the reservation with seventy high school youth, their chaperones, and Crow leaders who acted as hosts. What follows are excerpts from my journal during that time.

July 9, 2017 *“I am the oldest one here. This is new to me. I will need to remember my role if I am to survive this heat. I am the one who captures stories and weaves them together for the telling—I couldn’t force myself to work harder than I was able and pass out or get heat stroke. Earlier this evening, we gathered with other church groups in a small classroom in the elementary school where we are staying to engage in The Blanket Exercise, a participatory history lesson developed in collaboration with Indigenous Elders and educators. Its purpose is to foster truth, understanding, respect, and reconciliation among Indigenous and non-indigenous peoples.*



He wrote an essay in college that began: “My mother named me after a place she had never been. She said I would go there someday.” In 2017, Chase and I both went to Montana, on separate trips.



First, we were instructed to stand somewhere on one of the old blankets that covered the floor. The blankets represented land. Once assembled, community elders read as voices of the Native Americans; leaders from Youthworks, the group who had organized the trip, read the parts written for the U.S. Government. The Native American voices spoke far less. As these narrators moved us through the story, they picked up blankets so that we had to move closer and closer to one another to share the small amount of “land” that was left. A leader randomly walked through the middle, giving out colored index cards. I was handed a yellow card which meant I was killed by smallpox. I felt indignant when they handed me the card; I had only just begun to play the game. How could I die so soon from a disease for which we now have vaccines?

When the game was over, a Lakota elder lead a discussion about the experience. He began by quoting a character in the book, *The Wolf at Twilight*. “I’m not saying any of this is your fault or even that your grandparents did any of it. I’m saying it happened, and it happened on your people’s watch. You’re the one who benefited from it. It doesn’t matter that you’re way downstream from the actual events. You’re still drinking the water. I don’t care if you feel guilty. I just care that you take some responsibility. Responsibility is about what you do now, not about feeling bad about what happened in the past. You can’t erase the footprints that have already been made. What you’ve got to do is take a close look at those footprints and make sure you’re more careful where you walk in the future.”

It was hard not to feel ashamed of our history; it was hard to look directly at him or at one another. “So,” the elder said. “Let’s talk about what it means to be careful about where we walk in the future.”



July 10, 2017. *Chase, the part of the Crow reservation on which we are staying is exactly what you prepared me for—abject poverty. Our base camp is an elementary school which many communities we are accustomed to living in would likely demolish without so much as a vote. I think of the well-coiffed communities of our country with typical incremental increases in taxes for things like new turf on the football field or new technology in the library—how they are often disputed, but nearly always passed. This school needs paint, new toilets, and a mirror in the bathroom would be nice. On the doors of the main entrance is a black bumper sticker with block white letters spelling out: METH IS DEATH / NOT EVEN ONCE.*

Johnny is the security guard on hand. He is all Crow: skin that looks like weathered leather with a thick head of hair three inches tall. I got locked out of the building last night and Johnny was the one to open the steel door after my muted knocks. I thanked him. His reply, “I saw you go to your car to get your water bottle.”

I didn’t see him see me.



July 11, 2017. *Yesterday we went to the home of Jackie Whisperstep to help clear about a quarter acre of the land surrounding her house. It is filled with tightly packed Amazon weeds, each one 10’ tall. Their stalks are like hard bamboo, about 3” in diameter. It is 103 degrees. I drag bundles of these weeds out of the area all day, taking long breaks for water and lunch. The youth work endlessly with few breaks, by choice.*

The skin on my hands looks like that of a Native American elder. I look at them and think, “these are getting to be the kinds of hands I would want to photograph for the stories they hold. But now that they are my own, I don’t want to photograph them.”

I spend quite a bit of time talking with Jackie. She brings me a cup of hot coffee when she sees me panting, my face ablaze from the heat. “Drink it, she said,” it will cool you off.

I did, so as not to offend. I instantly felt revived. “What kind of magic coffee is this?” I asked.

“Dunkin Donuts,” she said. “With some Hazelnut Coffeemate in it.” Jackie Whisperstep has her master’s in social work from Walla-Walla University in Washington. She is retired, slightly younger than me. Her husband died last year; his hat remains on the table next to his worn leather recliner. Her dog and cat, Milo and Otis, wander reluctantly outside as we work, moving to stay in the ever-moving shade. I asked her what she planned to do with the land once it was cleared. She told me we were not clearing the land to build or plant; the fires that come in the late summer will ignite her house if they are not removed.



A leader randomly walked through the middle, giving out colored index cards. I was handed a yellow card which meant I was killed by smallpox. I felt indignant when they handed me the card; I had only just begun to play the game.



[*Read the rest of the article online...*](#)



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Where can you pick up a copy of The Crazy Wisdom Community Journal?

You can find The Crazy Wisdom Community Journal in many places around Ann Arbor and in surrounding areas. Here's a sampling of places around town where you can grab a copy of the current issue:

Ypsilanti:

Cross Street Coffee
Evenstar's Chalice
This, That, and Odder Things
Twisted Things
Unity Vibrations Kombucha

Plymouth, Livonia & Canton:

Earth Lore
Gateway Farm
Yoga Practice Center
Wellness Center of Plymouth
Zerbos

Saline:

Andrea Kennedy Center for Innovation
and Education
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Chelsea & Dexter:

Agricole
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Community Farm of Ann Arbor
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Jackson & Lenawee County:

Divine Sanctuary
Essential Energies
Irish Hills Wellness & Acupuncture
Living Grateful
Michigana HealthCare
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Ann Arbor Pharmacy
Ann Arbor Public Library
Argus Farm Stop
Balance Point Fitness
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Kerry Town Market
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WITCHES NIGHT OUT RETURNED TO CRAZY WISDOM IN JUNE!

Join us Wednesday, July 10. See the calendar listing
on page 25 for more information.



Back at Crazy Wisdom!

Clairvoyant Readings with Barbara Potts
Begins on Wednesday, July 21.

Join us for Barbara Pott's insightful Clairvoyant &
Spiritual Counseling sessions.
No appointment necessary!

Readings available First and Third Sundays of
every month from noon to 3 :00 p.m. in
The Celestial Lounge.

Music returns to Crazy Wisdom!

Check out the lineup online

July Live Music

Friday July 5th - 7:30-9:30 pm



Stuart Benbow

Opens
For



Mike Gentry



Friday July 12th - 7:30-9:30 pm



Christopher Mills

Opens
For



The Lucky Nows

Friday July 19th - 7:30-9:30 pm



Stuart Benbow

Hosts



Open Mic Night

Friday July 26th - 7:30-9:30 pm



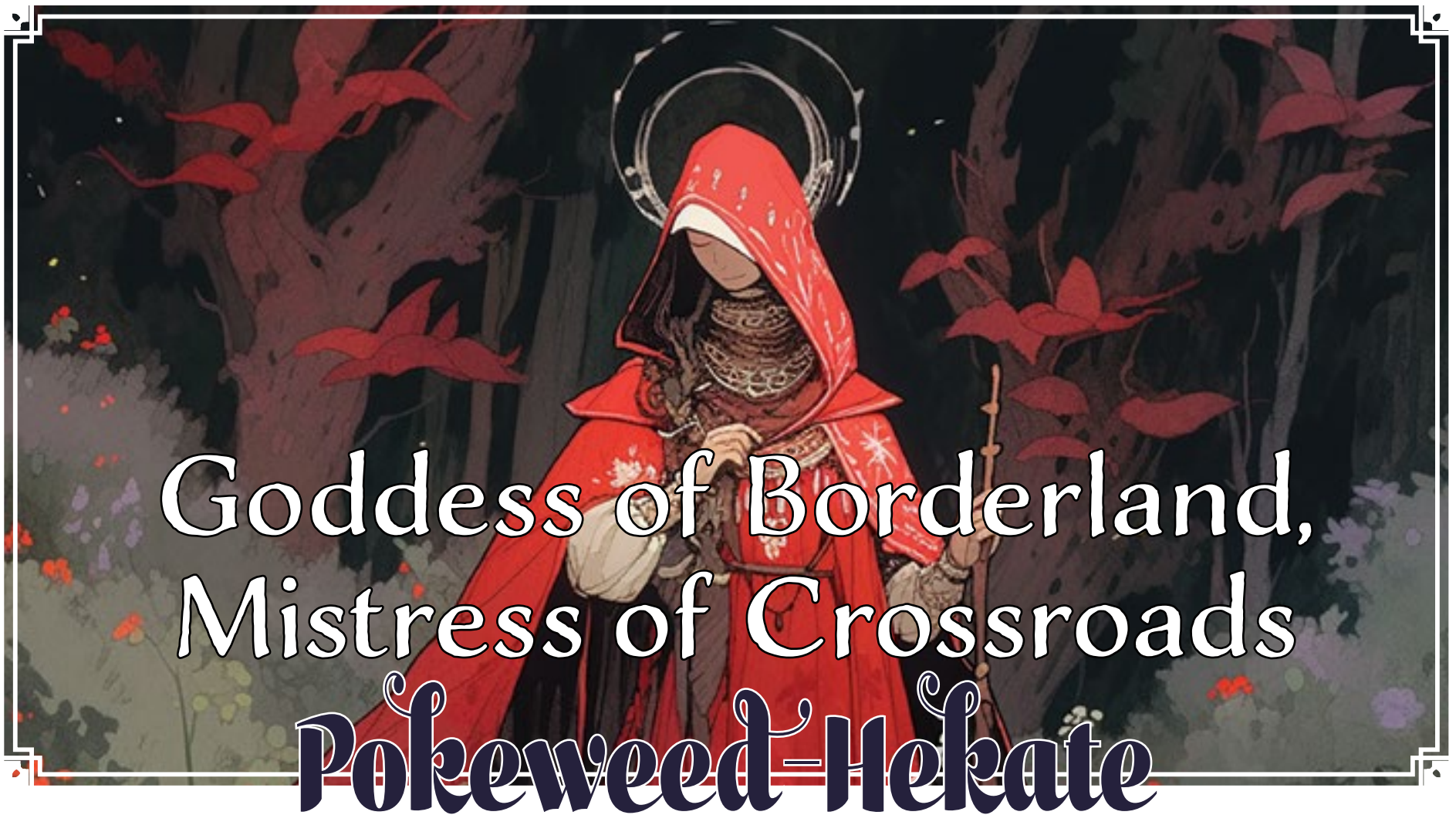
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By Dianna Rhyan

Having watched the moon set with the sun's rising, the ancient lunar goddess Hekate is on my mind. And near the Huron river path this morning, a pokeweed plant reaches upward offering a message and posing a hieroglyphic sign as she raises her arms in slender scarlet sleeves. Fresh green pendants nestle beside fully ripe ink-purple fruit on her supple limbs where she drapes luxurious flowing tresses, trailing glossy clusters from slender stems. Wildly flowering, the goddess and plant step from forest edge as one to emerge into the waking world. Hekate dances within her chosen ally pokeweed, just as ancient Greeks thought nymphs ensouled their trees in mutual lifelong union.

In Nichols Arboretum in Ann Arbor, I stop and sit on the ground, to journal beside her—trusting that her epiphany will grow ever clearer as we breathe together in silence.



And near the Huron river path this morning, a pokeweed plant reaches upward offering a message and posing a hieroglyphic sign as she raises her arms in slender scarlet sleeves.

Triple-faced Hekate, and her soulmate the pokeweed plant, are sovereign in many realms, yet prefer to dwell in no-one's-land where trails and paths convene and where crossroads intersect only to diverge and wander away. Enter almost any Midwestern place and look aside—away from the center to the margins, away from the ascendant and out toward the lost, to where shredded outcasts of mulch, mounds of dung, pulled-up fence posts, tumbledown bricks, or crumbling cinderblocks pierced with saplings lie sleeping, hunching their backs and taking their chances. Where brambles and poison ivy recline on rough bedding, curled around their secrets. There you will find her. Willowy in stature, she sees far down the turning traces of wild things in many directions at once to reveal, or conceal, what she perceives.

Flourishing among her companions, like a long-ago princess distinguished in a chorus of nymphs, pokeweed is dancing. Far across a burgeoning meadow, her rangy form is easy to pick out, thriving amid her lofty chorus as they wave and circle together on the riverbank.

Pokeweed's plant chorus includes distinct personalities, each nymph bearing gifts in her hands: angelica, wild carrot, bergamot and mint, snakeroot, water hemlock, sow thistle, and motherwort. To savor each name is to invite each plant's texture, fragrance, and shape to linger in the heart. Burgeoning amid the leggy troupe, some stalks are familiar from kitchen sill, pasture edge, or gone-to-seed garden, and they range from piquant to caustic, from nutrient to touch-me-not. This tangle of plant-folk, this be-wild-ering bouquet, edges us toward the wild where all true stories begin.

Like Hekate and all her retinue, pokeweed epiphanies require reverence and caution. Goddess and plant are beneficial, yet also dreadful, and they embrace

contradictory ways: inviting or repellent, enticing or repulsive, protective, or deadly. As the ancient Greek philosopher Heraclitus intimated about reality itself, truth is paradoxical. Harmonies of nature and divine power dwell within the transforming, dynamic unity of opposites.

The Ancient Greek word *pharmakon* encompassed divine opposites signifying both medicine and poison; pokeweed declares the pharmaceutical, paradoxical truth that perilous toxins and beneficial remedies spiral upward from a single potent root. Pokeweed-Hekate transmutes toxins in the soil, grips terrain to prevent eroding earth from wasting away, and aerates underworld fungal webs for the healing of all. For all these reasons and more, I have no plan to touch or use her in any way; I celebrate without going too near and respect her person, as I do her creative wisdom. Cloaked in unknowns, she remains as mysterious as any triple-faced goddess, any queen of fertility and decomposition, any mistress of rising and falling vegetation.

Veiled in mystery, remote, fierce, and distant dwelling, when need arose Hekate made mythic epiphanies as the embodiment of compassion. She did so in the springtime of archaic Greek myth (as told in the Homeric *Hymn to Demeter*), when the god of death Hades leapt out of a chasm to abduct the seedling plant-goddess Persephone.

*Persephone was born a sweet flower, a blossom-cheeked maiden,
a soft petal, gentle sapling, tender branch.
when she was gathering blossoms among her chosen nymph companions,
Hades seized her and rapt her away from summer,
down beneath the rich soil of searching roots,
down to the dread dark of the underworld.*

The Hekate who responded to Persephone's plight was a paradoxical goddess of many faces and manifestations for Hekate was by far the most feral and enigmatic of Greek goddesses. Still today, lonesome and deserted crossroads are dear to her just as they are to wild pokeweed.

In Persephone's enchanted myth, Hekate dwells in a cave underground, rooted in the living depths of Gaia, among the intertwined, questing roots of the blooms Persephone was touching. Down in the fertile soil, deep inside her cavern, Hekate hears the cries of Persephone more sensitively than any other creature in the cosmos.

*Hekate alone responded, light-bearing goddess,
cave-dwelling spirit of the delicate veil,
she who has empathy for tender new growth.*



[Read the rest of the essay online...](#)

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ARE CREATED EQUAL; THAT THEY ARE ENDOWED BY THEIR
CREATOR WITH CERTAIN UNALIENABLE RIGHTS; THAT AMONG
THESE ARE LIFE, LIBERTY, AND THE PURSUIT OF HAPPINESS.

